

THE NUTRITIOUS GUIDE TO



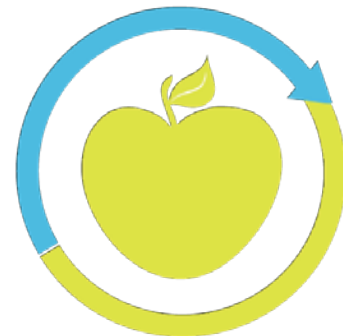
GET FIT



CENTER ON
NUTRITION
& DISABILITY



Foreword



Unlike many home-made family meals, there is no secret recipe to creating a healthy lifestyle. Neither is it much of a secret that too many people are struggling with being overweight or obese. Due to health disparities, some people are struggling with obesity much more than others. Did you know that adults and children with disabilities face higher obesity risks up to 58% and 38% respectively when compared to adults and children without disabilities? In response to this, The Family Resource Network Inc. launched Get FIT in 2008, and its affiliate brand, the Center on Nutrition and Disability in 2014. Through fitness and nutrition programs, Get FIT and the Center are dedicated to promoting a culture of health and wellness for people of all abilities.

Over the past few years, we have noticed that it can sometimes be a challenge to figuring out a healthy, simple, and affordable meal that everyone will enjoy. In order to make healthy eating fun, our nutritionists at the Center decided to add a healthy twist to the favorite recipes of our Get FIT program participants. We have enjoyed these recipes so much, that we wanted to share them with you. Our goal at the Center is to provide everyone with the opportunity to eat a healthier diet, and to get fit.

You may notice, that *The Nutritious Guide to Get FIT* looks slightly different than many cookbooks you have seen before. Most cookbooks are filled with long, complicated recipes, with ingredients that are hard to find. We have found, that sometimes, the best way to learn and appreciate new foods is through pictures. We also recognize that everyone learns a little differently. *The Nutritious Guide to Get FIT* ensures that all of our friends are able to re-create each recipe independently. The Nutritious Guide to Get FIT will teach you how to prepare healthier meals as a family, and how to make healthier eating choices in general. Not only have these recipes been taste-approved by our Get FIT friends, but they have also been health-approved by our nutritionists at the Center.

We hope you enjoy *The Nutritious Guide to Get FIT* as much as we do!

-Your Friends at Get FIT & The Center on Nutrition and Disability

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Washing your Hands the Right Way!

Remember before you cook to wash your hands.
Washing your hands the right way can stop the spread
of illness-causing bacteria.

Here's How We Wash Our Hands!



1. Wet your hands with warm
or cold water and apply
soap.

2. Rub your hands together to
create a lather, and scrub
them well. Be sure to scrub
the backs of your hands,
between your fingers, and
under your nails.



3. Continue to rub your hands for at least 20 seconds. If you need a timer; sing “Happy Birthday” from the beginning to end two times.



4. Rinse your hands well under the running water.

5. Dry your hands using a clean towel or air dry.





Cooking Abbreviations

Measurements

a pinch/dash = less than 1/2 of tsp.

tsp or t = teaspoon

Tbsp or T = tablespoon

C or c = cup

pt = pint

qt = quart

oz = ounce

pkg = package

fl. oz = fluid ounce

gal = gallon

lb = pound

Abbreviations

hr = hour

min = minute

sec = second

F = fahrenheit

C = celisus

° = degree

Chicken Noodle Soup

Nutrition Facts
8 Servings
135 Calories (per cup)
13 g of Protein
12g Carbohydrates
3.5g Fat (.5 g saturated fat)
1g Fiber
285mg Sodium

Preparation Time: 10 mins.

Cook Time: 40 minutes

Total Time: 50 minutes

Ingredients List

- 2 Tbsp Olive Oil
- 1 large onion, chopped
- 5 carrots, sliced
- 3 ribs celery, sliced
- 2 qt. reduced-sodium chicken broth
- 2 lbs. boneless, skinless chicken breast
- 1 bay leaf
- 8 oz. wide egg noodles
- 8 oz. sliced mushrooms (optional)
- 3 Sprigs fresh thyme and/or parsley

Directions - Chicken Noodle Soup



**** Remember to please wash your hands before starting to cook**

1. Heat 2 Tbsp of olive oil in a 4 qt. pot over medium heat



2. Add onions, carrots, celery, mushrooms (if using), thyme, and the bay leaf.

Directions - Chicken Noodle Soup



3. Stir in broth and 4 C. of water. Bring to a boil.



4. Add chicken and bring to a simmer. Simmer until cooked through, about 15 minutes.



5. Transfer the chicken to a cutting board and shred using 2 forks.

Directions - Chicken Noodle Soup

6. Stir in noodles and shredded chicken and simmer until noodles are tender, about 7 minutes.



7. Ladle soup into serving bowls and season the soup to your taste with salt and pepper.

****To freeze: Chill soup completely, divide among individual serving containers with lids, and freeze up to 3 months.**

Buffalo Chicken Wraps

Nutrition Facts
4 Servings
275 Calories
24g Protein
29g Carbohydrates
8g Fat
3g Fiber
756mg Sodium

Preparation Time: 20 minutes

Cook Time: 15 minutes

Total Time: 35 minutes

Ingredients List

- 2 Tbsp. hot pepper sauce, such as Frank's® RedHot®
- 3 Tbsp. white vinegar, divided
- 1/4 tsp cayenne pepper
- 1 lb. chicken tenders
- 1 C. sliced celery
- 2 tsp. plain nonfat yogurt
- 1/4 C. of cheddar or feta
- 4 8-inch whole-wheat tortillas
- 1 C. shredded romaine lettuce
- 1 large tomato, diced
- 2 Tbsp. reduced-fat mayonnaise

Directions - Buffalo Chicken Wraps



**** Remember to please
wash your hands before
starting to cook**

1. Whisk together 2 Tbsp of hot pepper sauce, 1 Tbsp of white vinegar and cayenne pepper in a bowl.



2. Whisk 2 Tbsp of mayonnaise, 2 tsp of yogurt, pepper and the remaining 1 Tbsp vinegar in a small bowl.

Directions - Buffalo Chicken Wraps

3. Heat oil in a large non-stick skillet over medium-high heat. Add chicken tenders; cook until cooked through and no longer pink in the middle.



4. Add chicken to the hot sauce mixture

Assembling the Wraps

5. Lay a tortilla on a work surface or plate. Spread with 1 Tbsp sauce.



6. Top with lettuce, celery and Tomato.

7. Top with chicken, feta and roll into a wrap.



Whole wheat spaghetti & Turkey Meatballs

Nutrition Facts
8 Servings
325 Calories
24.6g Protein
39.2g Carbohydrates
8.2g Fat
2.3g Fiber
6.3g Sugars
887mg Sodium

Preparation Time: 40 minutes
Cook Time: 30 minutes
Total Time: 1 hour and 10 minutes

Ingredients List

- 1½ lbs. lean ground turkey
- 2 C. minced bell peppers (about 15 mini peppers)
- 2 large eggs
- ¼ C. freshly grated parmesan cheese
- ¾ C. Italian seasoned whole wheat breadcrumbs
- ½ tsp. salt
- 16 oz. uncooked spaghetti
- Fresh minced parsley and additional cheese for topping

Directions -Spaghetti & Meatballs



**** Remember to please
wash your hands before
starting to cook**

1. Preheat the oven to 350°



Directions - Spaghetti & Meatballs

2. Crack two large eggs in a bowl and beat them together with a fork.



3. Add 1/4 C. parmesan cheese and 3/4 C. breadcrumbs stir until thick and sticky.

Directions - Spaghetti & Meatballs

4. Add the bell peppers, turkey and salt, to the egg mixture.



5. Mix with your hands to really get the mixture incorporated.

Directions - Spaghetti & Meatballs

6. Roll the mixture into meatballs.

(How many you makes depends on the size you make them)








7. Place meatballs onto a greased back tray. Place in the oven for 20 minutes.

Cook spaghetti according the to package directions.



Serving Sizes

Serving Size	What it looks like
<ul style="list-style-type: none"> • 3 oz. of meat 	 <p><u>A deck of cards</u></p>
<ul style="list-style-type: none"> • Serving of pasta • Serving of Broccoli • 1 C. of blueberries & Strawberries • 1 medium baked potato • C. of milk 	 <p>A Baseball</p>
<ul style="list-style-type: none"> • 1/2 C. frozen yogurt • 1/2 C. cooked rice • 1/2 C. cooked beans 	 <p>Computer Mouse</p>
<ul style="list-style-type: none"> • 1 tsp. of Butter • 1 tsp. of vegetable oil or olive oil 	 <p>Postage Stamp</p>
<ul style="list-style-type: none"> • 1 1/2 oz. of cheese • 1 tbsp. of salad dressing 	 <p>A Pair of Dice</p>

Healthy Tomato Sauce

Nutrition Facts
15 Servings
80 Calories
4g Protein
16g Carbohydrates
2g Fat
4g Fiber
9g Sugar
310mg Sodium

Prep Time: 15 minutes

Cook Time: 50 minutes

Total Time: 1 hour, 5 minutes

Ingredients List

- 1 1/2 Tbsp. olive oil
- 1 medium onion, chopped
- 1 C. carrots, chopped
- 1 C. celery, chopped
- 1 red bell pepper, chopped
- 10 oz. mushrooms, chopped (optional)
- 4 garlic cloves, chopped
- 3 28- oz. cans crushed tomatoes
- salt and pepper, to taste

Directions - Healthy Tomato Sauce



**** Remember to please
wash your hands before
starting to cook**

1. Heat oil in a large sauce
pan.



2. Add onion, carrots, celery,
bell pepper, mushrooms (if
using), and garlic. Sauté until
onions are softened, 3-4
minutes

Directions - Healthy Tomato Sauce



3. Add tomatoes and bring to a boil; reduce heat to a low simmer for 30-40 minutes, until the vegetables are soft.

4. Add the pasta to the sauce.



5. Add in meatballs and serve!



Reading a Food Label

Nutrition Facts

Serving Size 1 Cup (228g)
Servings Per Container 2

Calories 300
Calories from fat 110

	% Daily Value*
Total Fat 12g	18%
Saturated Fat 3g	15%
Trans Fat 3g	
Cholesterol 30mg	10%
Sodium 470mg	20%

Potassium 700mg	20%
Total Carbohydrate 31g	10%
Dietary Fiber 0g	0%
Sugars 5g	

Protein 5g	
Vitamin A	4%
Vitamin C	2%
Calcium	20%
Iron	4%

When reading a food label first check the top of the label to see what a serving size is and how many servings are in the package. Many items have more than one serving

See how many calories are in ONE SERVING! If you eat 2 cups then you have consumed 2 servings and 600 calories.

Knowing your fats and reducing your sodium can help lower your risk of heart disease. Reading the Nutrition Facts label to identify what foods are low in saturated fat, trans fat and cholesterol.

Fiber and sugars are types of carbohydrates. Pick healthier options such as fruits, veggies and whole grains for your carbohydrates. This can help to decrease the risk of heart disease and improve your digestive health.

Protein sources should come from beans, nuts, meat and dairy. Choose foods that are lean, low fat or fat-free.

The majority of people do not get enough vitamins so reading the Nutrition Fact label can help you make choose foods with higher levels of vitamins.

Margherita Pizza

Nutrition Facts
4 Servings
340 Calories
19g Protein
32g Carbohydrates
17g Fats
2g Fiber
840mg Sodium

Preparation Time: 15 minutes

Cook Time: 35 minutes

Total Time: 50 minutes

Ingredients List

- 1 package of naan flat bread
- 2/3 C. roasted red tomatoes
- 8 oz. Italian fresh mozzarella

- 1/4 C. basil, shredded
- 2 tsp. olive oil

Roasting the Tomatoes

- 4 Tbsp of olive oil
- Sprinkle of garlic, salt and pepper

Directions - Roasting the Tomatoes



**** Remember to please wash your hands before starting to cook**



1. Pre-heat oven to 450°. Slice tomatoes and place on a greased baking sheet, drizzle with 4 Tbsp with olive oil, garlic powder, salt and pepper.

2. Bake for 25-30 minutes



Directions -Margherita pizza



1. Top the naan bread with slices of fresh Mozzarella Cheese

2. Top with shredded basil



3. Top with our freshly roasted tomatoes

Directions - Margherita Pizza

4. Top each naan pizza with 1 tsp. of olive oil



5. Place on a greased baking sheet and bake for 5-7 minutes 450° until the edges and bottom start to brown.



Crispy Chicken Fingers

Nutrition Facts

Servings: 4

212 Calories

23g Protein

23g Carbohydrates

3g Fat (1g of Saturated Fat)

0g Fiber

313mg Sodium

Preparation Time: 20 minutes

Cook Time: 12 minutes

Total Time: 32 minutes

Ingredients List

- 12 oz. skinless, boneless chicken breast
- 1 egg, slightly beaten
- 1 Tbsp. of honey
- 1 tsp. prepared mustard
- 2 C. cornflakes, finely crushed
- Dash of black pepper

Directions - Crispy Chicken Fingers



**** Remember to please
wash your hands before
starting to cook**

1. Pre-heat oven to 450°.



2. Cut chicken into 3-by-3/4
inch strips

Directions - Crispy Chicken Fingers

3. In a shallow bowl combine egg, honey and mustard together.



4. Dip the strips into the egg mixture

5. Coat the chicken in the cornflake crumbs



Directions - Crispy Chicken Fingers



6. Arrange chicken strips on an engrossed baking sheet.

7. Bake for about 12 minutes, or until outsides are golden brown and the chicken is no longer pink.



Dipping Sauces

Spice up your crispy chicken fingers with these healthy dipping sauces!

Homemade Honey Mustard Nutrition Facts

4 Servings
29 Calories
<0.1g Protein
0.2g Carbohydrate
0g Fat
0g Fiber
0.2g Sugars
680mg Sodium

1/4 cup of dijon mustard + 1
tsp. of honey mustard =
Homemade Honey Mustard

Kicked-Up Ketchup Nutrition Facts

4 Servings
46 Calories
0g Protein
11g Carbohydrate
.4g Fat
.9g Fiber
7.8g Sugar
329mg Sodium

1/4 cup ketchup + pinch of
chili powder =
Kicked- Up Ketchup

Dipping Sauces

Zesty Sour Cream Nutrition Facts

4 Servings

85 Calories

4.5g Protein

10g Carbohydrate

4.3g Fat

0g Fiber

5g Sugars

65mg Sodium

1/2 cup low-fat sour cream +
fresh Lime + fresh Cilantro =
Zesty Sour Cream

Spiced Mayo Nutrition Facts

4 Servings

76 Calories

<1g Protein

11g Carbohydrates

4.3g Fat

<1g Fiber

3g Sugars

558mg Sodium

1/2 cup low-fat mayonnaise +
1 tsp. Dried Dill + 1 tsp.
garlic powder = Spiced Mayo.

Turkey Burgers

Nutrition Facts
12 Servings
183 Calories
23.6g Protein
2.6g Carbohydrates
8.7g Fat
0.3g Fiber
313mg Sodium

Preparation Time: 10 minutes

Cook Time: 10 minutes

Total Time: 20 minutes

Ingredients List

- 3 lbs. ground turkey
- 1 C. grated zucchini
- 1/4 C. finely diced onion
- 2 egg white, lightly beaten
- 1/4 C. bread crumbs
- 1/4 C. chopped fresh parsley
- 1 clove garlic, peeled and minced
- 1 tsp. salt
- 12-whole wheat buns

Directions - Turkey Burgers



**** Remember to please wash your hands before starting to cook**

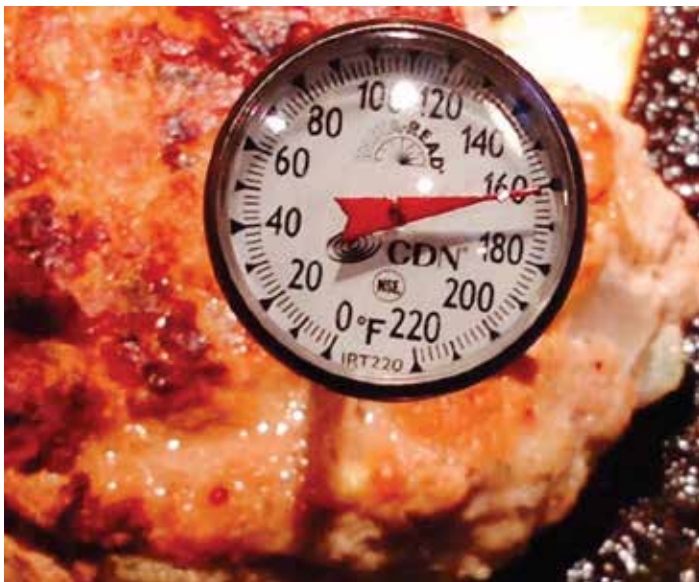
1. Mix the 3 lb. of ground turkey, 1 C. zucchini, 1/4 C. bread crumbs, 1/4 C. onion, 2 egg whites, 1/4 C. parsley, 1 clove garlic, salt and pepper in a large bowl.



2. Form into 12 patties with your hands.

Directions - Turkey Burgers

3. Heat a skillet over medium heat; arrange patties in the skillet and cook until no longer pink in the middle and juices run clear.



4. An instant read thermometer inserted into the center should read at least 165 degrees.

5. Enjoy!



Five Principles of Healthy Eating

1. **Balance**: having balance between all of the food groups

2. **Moderation**: The body can only use certain amounts of each nutrient

3. **Variety**: Making quality choices, choosing the healthier option over the un-healthy and helps to reduce the the risk of lifestyle related illness



4. **Calorie Control**: Too many calories can increase weight and not enough calories you can lose too much weight and become nutrient deficient.

Meats

Grains

Dairy

5. Adequacy - follow the first four principles!

Fruits

Veggies

Potato Frittata

Nutrition Facts
6 Servings
258 Calories
15g Protein
18g Carbohydrates
14g Fat
3g Fiber
2g Sugar
267mg Sodium

Preparation Time: 25 minutes

Cooking Time: 18 minutes

Total Time: 43 minutes

Ingredients List

- 1 lb. Yukon gold or russet potatoes, scrubbed and thinly sliced
- 2 Tbsp. of olive oil
- 2 large carrots, thinly sliced
- 1 red bell pepper
- 12 eggs, lightly beaten
- 1 clove garlic, minced
- 1/2 C. chopped green onions (4)
- 1/4 tsp. of salt
- 1/4 tsp. of ground black pepper
- 1/2 C. yellow cherry tomatoes, halved
- Fresh parsley and/or cilantro

Directions - Potato Frittata



**** Remember to please wash your hands before starting to cook**

1. Pre-heat oven to 375°.



2. In a oven safe nonstick skillet cook potatoes in hot oil over medium heat for 5 minutes.

Directions - Potato Frittata

3. Add carrots, red bell pepper; cook for 5 minutes, until the potatoes and carrots are tender and lightly browned, turning over occasionally



4. In a medium bowl whisk together the eggs, half of the green onions, salt and pepper.

5. Bake, uncovered for about 18 minutes or until frittata appears dry on top.



Directions - Potato Frittata



6. Remove frittata from oven. Let cool on wire rack for 5 minutes.

7. For the topping, in a small bowl gently toss together remaining green onions, cherry tomatoes, garlic and parsley. Set aside.



Directions - Potato Frittata

9. With a spatula, loosen the edges of the frittata from the skillet. Place a serving dish over the skillet. With two hands, turn the skillet and dish over so the frittata ends up on the serving dish.



10. Cut the frittata into wedges. Serve with green onion topping.



<i>Color</i>	<i>Foods</i>	<i>Nutritents</i>	<i>Supports</i>
<i>Red</i>	apples, red cabbage, red onion, red peppers, strawberries, tomatoes, cherries and watermelon	flavonoids, lycopene, vitamin C, Folate	heart health and memory
Orange/ yellow	Cantaloupe, carrots, butternut squash, lemons, mango, oranges, papaya, peaches, pineapples, pumpkin, sweet potatoes, yellow peppers	beta-carotene, vitamin A, Vitamin C	healthy eyes, heart health, immune function
Green	asparagus, bok choy, broccoli, cabbage, collards, cucumbers, grapes, green beans, green peppers, honeydew, kale, peas, spinach	chlorophyll, vitamin K, carotenoids, isothiocyanates, omega-3 fatty acids	healthy bones, teeth and eyes
White	ginger, jicama, onions, mushrooms	flavonoids, lycopene, vitamin C, flavonoids	heart health and good cholesterol levels
Blue/ purple	dark bean, eggplant, beets, blueberries, blackberries, figs	anthocyanin	memory and healthy aging

Black Bean Soup

Nutrition Facts
6 Servings
240 Calories
10g Protein
36g Carbohydrates
7g Fat
9g Fiber
8g Sugar
880mg Sodium

Preparation Time: 25 minutes

Cooking Time: 10 minutes

Total Time: 35 minutes

Ingredients List

- 4 - 14 1/2 oz cans of black beans
- 2 Tbsp. extra virgin olive oil
- 2 - 14.5 oz can organic diced tomatoes (no added salt)
- 1 large onion
- 2 cloves garlic, minced
- 2 carrots peeled and diced
- 4 C. (one 32 oz box) vegetable stock
- 1 Tbsp. of cumin
- 1/2 Tbsp. of chili powder
- Salt and pepper for taste

Directions - Black Bean Soup



**** Remember to please wash your hands before starting to cook**

1. Heat 2 Tbsp. of extra virgin olive oil on low heat in a large stock pot



2. Chop the onions and carrots then saute in the heated oil over medium heat for 5 minutes until soft

Directions - Black Bean Soup



3. Add 1 can diced tomatoes, garlic, and vegetable stock, 2 cans of beans, cumin and chili powder. Bring to a boil.

4. In a blender, combine remaining 2 cans of beans and can of diced tomatoes - blend for about 30 seconds or until smooth.



5. Combine blended mixture in stock pot and let ingredients cook together for about 10 minutes and then serve!



Fueling the Body -Protein

Where do we get protein from?



Healthy sources of protein comes from fish, meat, poultry, dairy products, nuts, seeds and beans.

What does our body do with protein?



Our bodies use protein in a number of different ways. We use protein to help with:

- Growth -so we can grow big and strong
- Tissue repair - repairs any structure in the body that was damaged
- Immune function - helps to keep you healthy, fights off colds and diseases
- Makes- essential hormones & enzymes
- Provides- energy when carbohydrates are not available
- Maintains-lean muscle mass

Whole Grain Mac & Cheese

Nutrition Facts
6 Servings
378 Calories
16g Protein
43g Carbohydrates
11g Fats
7g Fiber
2g Sugar
258mg Sodium

Preparation Time: 30 minutes

Cook Time: 25 minutes

Total Time: 55 minutes

Ingredients List

- Ready to cook cut butternut squash -32 oz
- 1 Tbsp. olive oil
- 1 bunch basil, stems removed
- 1 C. Gluten free bread crumbs
- 1 small head of broccoli
- 4 Tbsp nonfat greek yogurt
- 7 oz grated white cheddar cheese
- Large handful of yellow cherry tomatoes
- 3 C. whole wheat elbow macaroni

Directions - Mac & Cheese



**** Remember to please
wash your hands before
starting to cook**

1. Pre-heat oven to
400°.



2. Start to boil a large
pot of water.

Directions - Mac & Cheese

3. Line a large baking sheet with foil and spray with cooking spray. Arrange the squash on the foil sprinkle with salt and black pepper. Bake for 20-25 minutes.



4. In a food processor - pulse half of the basil, all of the bread crumbs, the broccoli and a bit of water until it is a fine crumb. It may be a bit damp. Transfer out into a bowl and rinse the food processor.

Directions - Mac & Cheese

5. In a different bowl combine the greek yogurt and grated cheeses together.



6. Place the cherry tomatoes and the rest of the basil in the food processor. Pulse to break things up.

7. Add your baked butternut squash to the food processor and pulse.



Directions - Mac & Cheese



8. Boil the pasta in salted water until it is slightly under cooked, drain the water. (Save one cup for of the water for later use)

9. Put the pasta back into the pot and add the cheese mixture to it. add the squash and stir it. Add pasta water until the sauce is thinned to the consistency of cream. (it's okay if it is a bit runny, the pasta will absorb the liquid in the oven.)



Directions - Mac & Cheese



9. Sprinkle breadcrumbs across the top and bake for 20-25 minutes or until top is crunchy

10. Remove from the oven. Let it sit for 10 minutes before serving.



Oven Baked Chicken Fajitas

Nutrition Facts
4 Servings
338 Calories
37.4g Protein
21.9g Carbohydrates
14.6g Fats
8.9g Fiber
1.1g Sugar
657 mgSodium

Preparation Time: 20 minutes

Cook Time: 25 minutes

Total Time: 45 minutes

Ingredients List

Seasoning

- 1 Tbsp. chili powder
- 1/2 Tbsp. paprika
- 1/2 tsp. onion powder
- 1/4 tsp. garlic powder
- 1/4 tsp. cumin
- 1/8 tsp. cayenne pepper
- 1 tsp. sugar
- 1/2 tsp. salt
- 1/2 Tbsp. corn starch

Fajitas

- 1 large onion
- 2 medium green bell peppers
- 1 medium red pepper
- 1 lb. chicken breast
- 2 Tbsp. vegetable oil
- 1 medium lime
- 8 tortillas
- sour cream (optional)
- cilantro (optional)

Directions - Chicken Fajitas



**** Remember to please wash your hands before starting to cook**



1. Pre-heat oven to 400 °.

2. Mix all the ingredients for the seasoning together in a small bowl.
(chili powder, paprika, onion powder, garlic powder, cumin, cayenne pepper, sugar, salt and corn starch)



Directions - Chicken Fajitas

3. Cut up the onion and peppers into 1/4 inch strips.



4. Cut chicken into thin strips. Place peppers and onions and chicken strips into a baking dish. Sprinkle seasoning & drizzle vegetable oil over everything.

Directions - Chicken Fajitas

5. Bake chicken fajitas for 20-25 minutes, until the chicken is no longer pink. Squeeze the lime over everything.



6. Scoop a small amount of meat onto each tortilla. Add your toppings, sour cream.

Creamy Avocado Pasta

Nutrition Facts
6 Servings
670 Calories
14.3g Protein
80.7g Carbohydrates
34.2g Fat
10.5g Fiber
5.2g Sugar
106mg Sodium

Preparation Time: 10 minutes

Cook Time: 10 minutes

Total Time: 20 minutes

Ingredients List:

- 12 oz. whole wheat spaghetti
- 2 ripe avocados, halved, seeded & peeled
- 1/2 C. fresh basil
- 2 Cloves garlic
- 2 Tbsp. freshly squeezed lemon juice
- Salt and ground pepper; for taste
- 1/3 C. olive oil
- 1 C. cherry tomatoes, halved
- 1 C. frozen corn

Directions - Creamy Avocado Pasta



**** Remember to please wash your hands before starting to cook**

1. In a large pot, boil water to cook pasta according to package instructions.



2. To make the avocado sauce, combine avocado, basil, garlic and lemon juice in the food processor. Add in olive oil until emulsified; Set aside.

Directions- Creamy Avocado Pasta

3. Combine avocado mixture, tomatoes and corn to pasta and heat for 5 minutes on a medium-low heat.



4. Serve warm. Add salt and pepper for taste.



Fueling the Body - Carbohydrates

Carbohydrates are important for the body to function properly. So what does the body use carbohydrates for?

- Body's main source of energy
- The body can use it easily for energy
- All of the bodies cells and tissues can use glucose for energy
- We need carbs to run our central nervous system, kidneys, brain and our muscles
- Our bodies can store carbs in our muscles, liver and blood for later use



Where do we receive carbohydrates from?



Carbohydrates should come from quality sources; such as unprocessed or minimally processed whole-grains, veggies, fruits and beans.

Always look for whole grains

Vegan Shepard's Pie with

Cauliflower Mash

Nutrition Facts
6 Servings
290 Calories
20g Protein
40g Carbohydrates
7g Fat
12g Fiber
12g Sugar
269mg Sodium

Preparation Time: 20 minutes
Cook Time: 45 minutes
Total Time: 65 minutes

Ingredients List:

Filling

- 1 tsp. grape seed oil
- 4 C. of meat substitute (morningstar or boca)
- 4 medium carrots, peeled and diced into small pieces
- 1 medium onion, diced
- 1tsp. dried oregano

Filling

- 1tsp. ground turmeric
- 1tsp. ground cumin
- 1 Tbsp. tomato paste
- 1 1/2 tsp. dijon mustard
- 1/2 C. of water
- 1 1/2 C. of peas, thawed

Ingredients list -Continued

Cauliflower Mash

- 3 Tbsp. semi soft goat cheese
- 2 tsp. grape seed oil
- pinch of salt and pepper
- Olive oil cooking spray

Cauliflower Mash

- 2 medium cauliflower heads, cut into florets
- 1 medium russet potatoes, cubed
- 4 garlic cloves, smashed and minced

Directions - Shepard's Pie



**** Remember to please wash your hands before starting to cook**

Directions - Shepard's Pie



1. Pre-heat oven to 375°.

2. Place 1 tsp. of grape seed oil in a large pan over medium heat. Add carrots, onions and a pinch of salt and let cook for about 10 minutes. Add all the spices and mix well.



Directions- Shepard's Pie



3. Crumble in the meat substitute and mix in the water, tomato paste and dijon mustard.

4. Finally, fold in the thawed peas. When the liquid has nearly evaporated, turn the heat off and let the flavors meld as you make your cauliflower mash.



Directions- Shepard's Pie

5. Place 2 cups of water in a steamer pot and bring to a boil. Wash the cauliflower and cut into thin slices and florets. Peel and cube the potato into roughly the same size as the cauliflower florets.



6. Mince the garlic cloves and add all of the vegetables to the steamer basket. Steam for 10 minutes, or until a knife easily glides through the cauliflower and potato.

Direction's - Shepards Pie

7. Carefully drain and place potato, cauliflower, garlic and goat cheese, salt and pepper into a food processor. Turn on the processor, and slowly drizzle in 2 tsp of grape seed oil. Puree until smooth



8. Lightly spray a baking dish with olive oil cooking spray. Lay meatless mixture on the bottom. Scoop the cauliflower mash on top of the meat substitute. Sprinkle with a touch of salt & pepper and cover with foil.

Directions- Shepard's Pie

9. Place in oven for 20 minutes. Carefully remove the foil and broil for another 10 minutes, or until nicely browned.



10. Serve warm!

Fueling the body- Fats

Healthy fats vs Unhealthy fats

Healthy fats are monounsaturated fats and polyunsaturated fats. They are the “good fats” because they are good for your heart, cholesterol and over all health.

Unhealthy fats are known as saturated and trans fat. These fats are labeled as the “bad fats” because they increase your risk of heart disease and increase cholesterol levels.

Sources of monounsaturated and polyunsaturated fats

Monounsaturated	Polyunsaturated
olive oil, canola oil, sunflower oil, peanut oil, sesame oil	soybean oil, corn oil, safflower oil
avocados, olives	sunflower, sesame and pumpkin seeds
nuts (almonds, peanuts, macadamia, nuts, hazelnuts, pecans, cashews)	walnuts , flaxseed, soymilk, tofu
peanut butter	fatty fish (salmon, tuna, mackerel, herring, trout, sardines)



Fruits

What is the big deal about fruit?

Incorporating fruits in your diet can provide you with health benefits. People who eat a variety of fruits have a decreased chance at getting some chronic diseases. Any fruit or 100% Fruit juice can count as a serving for the fruit food group. You can get your fruits in any of the following forms; fresh, canned, frozen, or dried and you can have them whole, cut-up or pureed.

You can get a lot of your key nutrients from your fruit, such as potassium, dietary fiber, vitamin C and folic acid. Its important to get a variety of colors in your fruits, since different colors have different nutrients!



Sweet Potato Fries

Nutrition Facts
6 Servings
170 Calories
2.7g Protein
34.4g Carbohydrates
2.6g Fats
5.3g Fiber
421mg Sodium

Preparation Time: 10 minutes

Cook Time: 18 minutes

Total Time: 28 minutes

Ingredients List

- 2 lb. sweet potatoes, cut into 1/4 inch thick X 3/4 inch-wide strips
- 1 Tbsp. of olive oil
- 1 tsp. dried oregano
- 3/4 tsp. salt
- Cooking spray

Directions - Sweet Potato Fries



**** Remember to please wash your hands before starting to cook**

1. Pre-heat oven to 450°.



2. Combine together 1 Tbsp. of olive oil, 1 tsp. of dried oregano, 3/4 tsp. of salt

Directions - Sweet Potato Fries

3. On a greased baking sheet arrange the potatoes in a single layer.



4. Coat the fries with the mixture.



5. Bake for 18 minutes or until they are lightly brown.

Vegetables

Eating veggies can provide you with numerous health benefits such as lowering your risk of heart disease and they can protect against certain types of cancers. Veggies are fiber rich foods that help to fight off obesity and type 2 diabetes. They help to maintain a healthy blood pressure and cholesterol levels. Just like with fruit, you want to make sure you are eating a variety of different types of veggies as well as taking in veggies in different colors.



Helpful hints to help you get your veggies:

1. Try to eat veggies that are in season.
2. Have some frozen veggies in the freezer, they are easy to cook and you will always have some on hand.
3. Change up the way you eat them. Try them raw and crunchy or try them steamed.
4. Shop for your veggies by their nutritional content. Sweet potatoes, white beans, tomatoes, soybeans, spinach are all high in Potassium. Check out other veggies for the nutritional goodness.
5. Keep sliced veggies in a bowl ready for a quick snack. Carrots, celery, pepper slices and cucumbers make great additions to a anytime snack.

Roasted Green Beans and Red Bell Pepper with Garlic and Ginger

Nutrition Facts
4 Servings
110 Calories
3g Protein
11g Carbohydrates
7g Fats
4g Fiber
5g Sugar
200mg Sodium

Preparation Time: 15 minutes

Cook Time: 20 minutes

Total Time: 35 minutes

Ingredients List

- 5 large garlic cloves, finely minced
- 1 Tbsp. ginger root, minced
- 2 Tbsp. olive oil
- 1 red bell pepper, cut into thin strips
- 1 lb. green beans, thin french style, ends trimmed and cut in half.
- Ground black pepper
- Salt, for taste

Directions- Roasted Green Beans



**** Remember to please wash your hands before starting to cook**

1. Pre-heat oven to 450°.



Garlic



Ginger

2. Mince 4-5 large garlic cloves, enough to make a heaping Tbsp. Peel ginger root and finely mince enough to make a heaping Tbsp.

Directions- Roasted Green Beans

3. Put olive oil, minced garlic and minced ginger in a glass bowl or measuring cup and let it marinate while you prep the vegetables.



4. Cut up the red bell pepper into fourths, lengthwise, then remove the seeds and trim away white pithy parts. Cut each piece into thin crosswise strips.

Directions- Roasted Green Beans



5. Trim ends of green beans and cut them in half

6. Put the green beans and red pepper strips into a medium-sized bowl and then toss with the olive oil, minced garlic and ginger. Season to taste with salt and pepper.



Directions- Roasted Green Beans



7. Spread the vegetables out on a large baking sheet. Roasted for 15 minutes, or until a few beans are starting to look brown and veggies are tender-crisp.

8. Serve warm.



Whole Grains

Look for these whole grains on the ingredients label.

- buckwheat
- bulgur
- millet
- oatmeal
- quinoa
- whole-grain corn
- whole-grain
- rolled oats
- whole-grain barley
- whole-grain triticale
- whole oats
- whole rye
- whole wheat
- wild rice



Whole Grains contain the entire kernel. Examples of a whole grain are whole-wheat flour, bulgur (cracked wheat), oatmeal, whole corn, and brown rice.

Things to try to avoid when shopping for your whole grains. Refined grains strip away nutrients that the grain did provide in their whole form. Enriched grains are refined grains with some of the nutrients added back in, however it is always best to have whole grain products in our diets.

Broccoli and Sunshine

Nutrition Facts
4 Servings
90 Calories
3g Protein
15g Carbohydrates
3.5g Fats
3g Fiber
9g Sugar
25mg Sodium

Preparation Time: 10 minutes

Cook Time: 5 minutes

Total Time: 15 minutes

Ingredients List:

- 3 C. broccoli florets
- 2 Tbsp. orange juice
- 1 Tbsp. extra virgin olive oil
- 1 clove of garlic, minced
- 4 clementine, peeled

Directions- Broccoli & Sunshine



**** Remember to please
wash your hands before
starting to cook**

1. Steam 3 cups of broccoli
florets for 5 minutes



2. Toss with 2 Tbsp. of
orange juice.

Directions - Broccoli and sunshine

3. Add 1 Tbsp. of olive oil



4. Add one clove of minced garlic, salt and pepper

5. Spoon Broccoli mixture on clementine slices in shape of a flower/sun

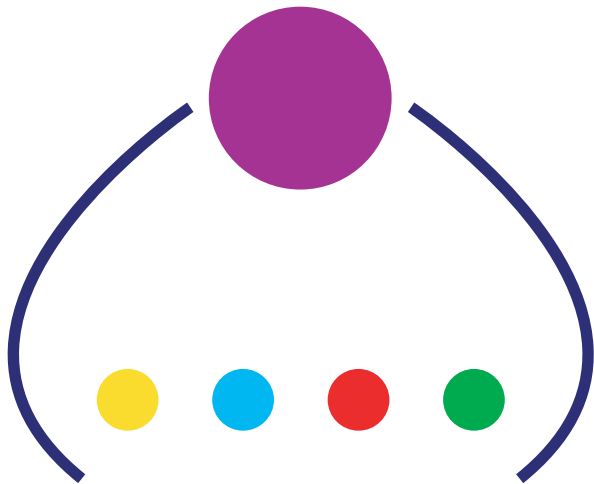


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